







30 DAY NO COMPLAINING CHALLENGE

CHOOSE A NUMBER FOR EACH DAY

	1	2	3	4	
NO COMPLAINING					COMPLAINING ALL DAY

DAY 1	<input type="radio"/>	DAY 6	<input type="radio"/>	DAY 11	<input type="radio"/>	DAY 16	<input type="radio"/>
DAY 2	<input type="radio"/>	DAY 7	<input type="radio"/>	DAY 12	<input type="radio"/>	DAY 17	<input type="radio"/>
DAY 3	<input type="radio"/>	DAY 8	<input type="radio"/>	DAY 13	<input type="radio"/>	DAY 18	<input type="radio"/>
DAY 4	<input type="radio"/>	DAY 9	<input type="radio"/>	DAY 14	<input type="radio"/>	DAY 19	<input type="radio"/>
DAY 5	<input type="radio"/>	DAY 10	<input type="radio"/>	DAY 15	<input type="radio"/>	DAY 20	<input type="radio"/>



DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30

HOW DID I DO?

What are my **NextSteps** to a more joyful life?